



Resistance Foods

On a daily basis our body's are vulnerable to micro-organisms that can weaken our ability to defend ourselves. We have natural processes which are designed to enable us to resist these attacks and there are many foods which can support our natural ability to defend against these invaders.

By eating a diet rich in certain foods, you can keep your natural resistance in good shape and allow your body to naturally defend itself. Typical foods groups which can support this natural process are fruits, vegetables, herbs, prebiotics and probiotics. An overall good healthy diet, with moderate exercise will maintain good resistance and support the normal function of your defensive systems.

Keeping our resistance strong	Resistance support foods
Your body has an entire system dedicated to naturally resisting outside invaders and providing good protection to your cells and organs. This system requires a good overall and balanced nutritional intake to support it and help maintain all aspects of defence. There are other certain foods which can actively boost the system and help the body produce more elements which can resist invaders.	<ul style="list-style-type: none">• Garlic• Ginger• Pineapple• Elderberry• Onions• Coconut Oil• Pumpkin Seeds• Broccoli <p>*There are many other foods but these are some of the common examples.</p>



Shopping list for yeast, fungus and candida control

Vegetables:

- Artichoke
- Asparagus
- Avocado
- Bamboo shoots
- Beet tops
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage – all types
- Capsicums
- Celery
- Chives
- Coriander
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Garlic
- Green beans
- Kale
- Leeks
- Lettuce
- Okra
- Onions
- Parsley
- Radish
- Sea vegetables – seaweed, kelp, nori, dulse, hiziki
- Peas
- Spinach
- Sprouts
- Tomatoes
- Watercress
- Zucchini

Meats

Organic and wild where possible:

- Chicken
- Turkey
- Duck
- Fresh ocean fish - Salmon, cod, tuna, etc
- Shellfish
- Water packed canned tuna and salmon
- Lamb
- Wild game
- Kangaroo
- Lean beef or pork
- Eggs

Meat substitutes

- Tofu – regular or silken Tempeh
- Textured Vegetable Protein

Beans

1 cup maximum / day dried or canned without added sugar:

- Beans
- Lentils
- Split peas

Oils:

Cold pressed

- Olive
- Almond
- Flaxseed
- Walnut
- Macadamia
- Sesame

Dairy and substitutes

- Unsweetened cow or goat yoghurt
- Fresh unaged goat cheese
- Unsweetened soy, coconut, oat, almond milk

Nuts and seeds

Can be used as butters or spreads:

- Almonds
- Cashews
- Flaxseeds
- Hazelnuts
- Pecan
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Vinegars / vinegar replacements

- Lemon or lime juice
- Raw unfiltered apple cider vinegar
- Balsamic vinegar

Beverages

- Herbal tea
- Roobios tea
- Spring water
- Distilled water

Miscellaneous

- All spices
- Hummus
- Stevia

We recommend that you get your epigenetics analysed regularly to prevent resistance and wellbeing challenges.